

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:15 Exercise-Carmela 9:30 Go to Gym 10:15 Line Dance-Desi 10:30 BP Check</p> 	<p>3</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Art Class-Dale 9:00 Exercise-Kobi 9:30 Go to Gym 10:00 Exercise-Carmela 11:00-2:00 Ceramics 11:30 Lunch & Learn with Pastor Mike McClure</p>	<p>4</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Exercise-Kobi 10:00 Tai Chi-Galina 10:00 - 1:00 Ceramics 12:30 Bridge</p> 	<p>5</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Men's Breakfast: Kendall Jno-Finn of M3 Physical Therapy 9:15 Exercise-Carmela 9:30 Go to Gym 10:00 Exercise-Carmela 10:30 Knit/Crochet Class 12:30 Learn Canasta 12:30 Quilting Circle</p>	<p>6</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:15 Exercise-Carmela 10:15 Line Dance-Desi 12:30 Tai Chi-Galina</p> 
<p>9</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:15 Exercise-Carmela 9:30 Go to Gym 10:15 Line Dance-Desi 10:30 BP Check 11:30 Safety Lunch & Learn - Capt. Brasher 10:30 - 2:30 UAB Food Market & Mobile Wellness</p>	<p>10</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Art Class-Dale 9:00 Exercise-Kobi 9:30 Go to Gym 10:00 Exercise-Carmela 11:00-2:00 Ceramics 12:30 Easter Egg Stuffing for Irondale Egg Hunt</p> 	<p>11</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Exercise-Kobi 10:00 Tai Chi-Galina 10:00 - 1:00 Ceramics 12:30 Bridge 12:30 Birthdays & Bingo</p> 	<p>12</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Men's Coffee 9:30 Temple Beth El Tour & Lunch 9:15 Exercise-Carmela 9:30 Go to Gym 10:00 Exercise-Carmela 12:30 Quilting Circle</p>	<p>13</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:15 Exercise-Carmela 10:15 Line Dance-Desi 12:30 Tai Chi-Galina</p>
<p>16</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:15 Exercise-Carmela 9:30 Go to Gym 10:15 Line Dance-Desi 10:30 BP Check 11:45 Lunch & Movie: Thursday Murder Club</p>	<p>17</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Art Class-Dale 9:00 Exercise-Kobi 9:30 Go to Gym 10:00 Exercise-Carmela 11:00-2:00 Ceramics 12:30 St. Patrick's Day Green Party</p> 	<p>18</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Exercise-Kobi 10:00 Tai Chi-Galina 10:00-1:00 Ceramics 12:30 Bridge 12:45 Hoover Songbirds Concert</p> 	<p>19</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:15 Exercise-Carmela 9:30 Go to Gym 10:00 Exercise-Carmela 10:30 Knit/Crochet Class 12:30 Speaker: Dan Williams of the Greater Birmingham Convention & Visitors Bureau 12:30 Quilting Circle</p>	<p>20</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:15 Exercise-Carmela 10:15 Line Dance-Desi 12:30 Tai Chi-Galina</p> 
<p>23</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:15 Exercise-Carmela 9:30 Go to Gym 10:15 Line Dance-Desi 10:30 BP Check 12:30 Learn to Make Balloon Animals</p> 	<p>24</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Art Class-Dale 9:00 Exercise-Kobi 9:30 Go to Gym 10:00 Exercise-Carmela 11:00-2:00 Ceramics 12:30 Learn Canasta</p>	<p>25</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Exercise-Kobi 10:00 Tai Chi-Galina 10:00 - 1:00 Ceramics 12:30 Bridge 11:30 Pastor George Whitlock Lunch & Bible Study</p> 	<p>26</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Men's Coffee 9:00 - 12:00 Memory Screening 9:15 Exercise-Carmela 9:30 Go to Gym 10:00 Exercise-Carmela 10:30 Knitting & Crocheting Class 12:30 Quilting Circle</p>	<p>27</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:15 Exercise-Carmela 10:15 Line Dance-Desi 12:30 Tai Chi-Galina</p> 
<p>30</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:15 Exercise-Carmela 9:30 Go to Gym 10:15 Line Dance-Desi 10:30 BP Check 11:30 Lunch & Documentary: Our Oceans</p>	<p>31</p> <p>8:00 Walking Club 8:30 Director's Coffee 9:00 Art Class-Dale 9:00 Exercise-Kobi 9:30 Go to Gym 10:00 Exercise-Carmela 11:00-2:00 Ceramics 11:30 Lunch & Learn with Pastor Mike McClure</p> 			

The City of Irondale SENIOR ACTIVITY CENTER

5313 BEACON DRIVE, IRONDALE, AL 35210

MONDAY-FRIDAY | 8:00 A.M. - 3:00 P.M.
CALL US TO GET CONNECTED: (205)951-1418



EVERYDAY: LUNCH (11:30 - 12:30) - Age 60+. No charge, but donations encouraged.

Everyday: Walking Club (8:00) - Make friends and walk to better health.

Tuesdays and Wednesdays: Games (1:00-3:00) - Pick up a game of Rummikub, Mah Jong, Skip Bo, Bid Whist, Dominos, Rook, Bridge and more!

Wednesdays (10:00) and Fridays (12:30): Tai Chi with Galina - This exercise class helps with arthritis and fall prevention.

Wednesdays: Bridge (11:30) - Join a game of bridge for the afternoon.

Thursdays: Men's Coffee (9:00) - Just for guys. Good coffee & conversation.

Thursdays: Quilting Circle (12:30) - Quilters meet to work on their current projects.

Thursday 3/5 & 3/19 Knitting and Crocheting class with Janice (10:30) - Beginners or experts.

Thursday 3/5 Men's Breakfast (9:00) - Kendall Jno-Finn with M3 Physical Therapy.

Thursday 3/5 and Tuesday 3/24 Learn to play Canasta (12:30).

Monday 3/9 UAB Mobile Food Market and Wellness (10:30 - 2:30) - Shop for healthy food at reasonable costs and get a comprehensive health screening at no cost.

Monday 3/9 Lunch & Learn About Safety (11:45) - Hear from Captain David Brasher of the Irondale Fire Department.

Tuesday 3/10 Easter Egg Stuffing (12:30) - Join the fun and help stuff Easter eggs for the city's annual Easter egg hunt.

Wednesday 3/11 Birthdays & Bingo (12:30) - Cake, prizes and fun!

Thursday 3/12 Field Trip: Temple Beth El Tour and Lunch (9:30) - Learn about beautiful architecture and Jewish traditions. Pay for your own lunch at the Temple.

Monday 3/16 Lunch & A Movie (11:45) - Thursday Murder Club.

Tuesday 3/17 St. Patrick's Day Party (12:30) - Wear your green and enjoy green snacks.

Wednesday 3/18 Hoover Songbirds Concert (12:45) - Senior adult show choir you'll love!

Thursday 3/19 Speaker: Dan Williams - Greater Birmingham Convention & Visitors Bureau (12:30) - Be in-the-know on what's happening in our region.

Monday 3/23 Learn to Make Balloon Animals from Magician Emory Kimbrough (12:30)

Thursday 3/26 Memory Screening (9:00 - 12:00) - The National Memory Screening Program is an initiative of Alzheimer's Foundation of America. Call for an appointment.

Monday 3/30 Lunch & A Documentary: Our Oceans (11:45) - Narrated by Barack Obama.